E

In this Issue:

*Reflections (cont) …...P 2*

*Announcements …..P 2-5*

*Outreach Report ....P 5-6*

*“Change Our Heart*

*O’ God””...……....….P 7-8*

*Sea Breeze School*

*News ………..…..……P 8*

**Interim Editor:**

*CD & S. Rowsell*



The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church

900 Edgewater Blvd, Foster City, California 94404

November

2016

Edition

***Individual Highlights:***

Inside Story 2

Inside Story 3

Inside Story 4

Inside Story 5

Inside Story 6

Inside Story 7

Last Story 8

***Special Interest Articles:***

• Add a highlight or your point of interest here.

• Add a highlight or your point of interest here.

• Add a highlight or your point of interest here.

Dear Members and Friends of St. Ambrose Episcopal Church

Aloha! As most of you know by now, I will be having left hip replacement surgery on Tuesday, November 22nd. I anticipate that I will be away from work at least through the end of the year, but hope to be back in January. The Vestry has approved my request to have my wife, the Rev. Karen Swanson, serve as a Sunday supply priest to lead worship on Sundays and for Christmas services until I am able to return. Father Jay Watan will continue to serve in his normal capacities which include preaching and celebrating once a month, while also assisting when he is not the Celebrant or Preacher.

I look forward to joining with those of you who can attend the Stewardship Dinner on Saturday, November 5th from 6:00 p.m. to 9:30 p.m. at the Foster City Recreation Center’s Lagoon and Blue Bird rooms. This annual celebration is always joyous. If you have not already paid for your dinner, please do so in advance of the dinner, so registration will be easier. We will consecrate our pledges for 2017 on Sunday, November 6th.

Also, on Sunday, November 6th we will be remembering All Souls Departed at both the 8 a.m. and 10 a.m. services. If you would like a loved one remembered, please call the church office or send an email to me at [dyota@mindspring.com](mailto:dyota@mindspring.com).

The service of Holy Baptism and Holy Eucharist will be held on Sunday, November 6th at 10 am as we welcome into Christ’s body the church, Simran Natania Ubhi, daughter of Tarunpreet Ubhi and Reena Davis. It will be a joyous day, and I hope you will be able to come.

The Children and Family Ministry will also be hosting an Ice Cream Social on November 6th following the 10 am service.

A **special Congregational Meeting** to address the future of St. Ambrose will be held on Sunday, **November 13th from 11:30 a.m. to 1:30 p.m.** in the Parish Hall. The primary reason for this meeting is for the Vestry and me to hear the hopes and dreams of our congregation while understanding the financial realities that face us. As many of you may know, I have announced to the congregation, the Vestry and our St.

# Reflections from our Rector

## Rector’s reflections continued…



Ambrose Sea Breeze School Board that I could retired as early as July 2020. Given the possibility that I could retire that soon, it is not too early to think about what that would mean. Initially, I had thought that we should think about the housing for a future Rector, but after working on this for a while, the Vestry and I agreed that we should seek input from the congregation about what your hopes and dreams are for the future. The meeting will be led by Davey Gerhard, the Diocese of California’s Officer of Development, and Christina Mathis, a consultant working on the diocesan capital campaign. It is a very important meeting, and I hope as many of you will make every effort to attend. We plan to provide food for the meeting.

On Sunday, **November 20th** we will celebrate Thanksgiving with Rose Umeda, a senior at San Mateo High School as our preacher, sharing with us for what she is thankful. Rose has grown up among us here at St. Ambrose, and I am looking forward to hearing what she has to say.

For those of you who will be traveling both far and near to be with family and friends this Thanksgiving, I wish you all God’s peace and love. I am thankful for the privilege of serving as your Rector and to be a fellow pilgrim in the spiritual journey to God’s reign in our lives.

Yours,

David Y. Ota, Rector

**Thanks**

* Thanks to Steve Yuen for organizing the Blessing of the Animals at the Foster City Dog Park on Sunday, October 2nd.
* Thanks to Steve Yuen, Nellie Wong, Shelley Keefe and David Ota for representing St. Ambrose at the Diocesan Convention on Friday and Saturday, October 14th and 15th at Grace Cathedral
* Thanks to Maureen Fromme and the Children’s Choir who sang “This Little Light of Mine” at the 10 am service of Holy Eucharist on Sunday, October 16th.
* Thanks to Jim Neubert who has chaired the Buildings and Grounds Committee for many years, and stepped down to be a contributing member. Welcome to Don Gundry who will be joining the Buildings and Grounds Committee as a new member.
* Thanks to everyone who provides food for the homeless at the Fair Oaks Community Center on Sunday, October 30th

**The Rector’s November Schedule**

The Rector will be attending the Episcopal Church-wide conference called, “Evangelism Matters” in Dallas, Texas from November 18th-19th. He will be leaving on November 17th and will return on November 19th. He will then be on medical leave from November 22nd through the end of the year.

**Turn Back Your Clocks**

Daylight Savings Time comes to an end on Sunday, November 6th. So turn back your clocks on Saturday, November 5th and enjoy an extra hour of sleep.

**The Children’s Choir**

The Children’s Choir sang its first anthem, “This Little Light of Mine” on Sunday, October 16th at the 10 am service of Holy Eucharist. Maureen Fromme continues to teach the children to sing new songs which will be used for Sunday worship. All children are invited to join in for 15 minutes of practice immediately following the end of the 10 am service. If you are interested in having your child join, please contact Maureen at [mhfromme@yahoo.com](mailto:mhfromme@yahoo.com) or by calling her at 415 990-5658.

**The Christmas Pageant**

The annual Christmas Pageant will be held during the Christmas Eve Family Holy Eucharist on **Saturday, December 24th from 4:00 p.m.** The organizing meeting for the Christmas Pageant will begin on **Sunday, November 27th** from **11:30 a.m.** in the Chapel. If you are interested in having your children participate please let Lizz Klammer, Coordinator of Children and Family Ministry know. The rehearsals will be held on **Sundays, December 4th, 11th and 18th from 11:45** **a.m.** in the chapel.

**Reflection on the Home for All PowerPoint Presentation**

On Sunday, October 23rd, the Rector showed the PowerPoint presentation from the County of San Mateo called “Home for All.” This presentation is the work of a task force of the county seeking to find a solution to the housing crisis in San Mateo County. Some of the insights were:

* Most of the housing in San Mateo County was built in the 1970’s and before.
* Since 2005 there has been a steady increase in jobs.
* A jobs/housing gap has widened between 2010-2015. 67,000 new jobs versus 1,425 new housing unit. (Many of the participants in viewing the presentation couldn’t believe that there were so few housing starts in this five-year window.)
* Average rent for a 2-bedroom apartment went to $2856 in 2015. **(**Some testified that it is much higher in 2016.) In 2016 the median rent for a 1-bedroom apartment is $2,735 and for a 2-bedroom apartment is $3,409.
* In 2015 the average price for a home was $1,250,000 and for a condo was $702,000.
* 75% of all San Mateo County land is protected open space, and 2/3 of the developed land is single family homes.
* 62% of County workers live outside of San Mateo County.
* Businesses find it difficult to retain workers due to the high cost of housing.
* Seniors, young families and essential workers for public safety find it difficult to rent in San Mateo County.
* San Mateo County Board of Supervisor actions include the establishment of a $37 million Housing Development Fund for Affordable Housing, and shared housing; $13.3 million for an Affordable Housing Preservation Fund, and an Apartment Inspection program; $13.5 million for Homelessness Protection and Support for shelter expansion, improvements and operational support, a motel voucher program for homeless families, and a housing location program and rental assistance funds.

The reflections of the gathered group include:

* Infrastructure for water, sewage and traffic needs to be addressed before housing units are to be added to San Mateo County.
* Some protected lands need to be re-designated for development.
* The perspective of people on the Housing Crisis differs depending on whether one rents or bought property after 2010 or whether one owned property before the great increase in the cost of housing.
* Corporate businesses which have created the demand for housing must also become part of the solution for addressing the housing crisis.
* The cost of housing is changing the nature of San Mateo County.

The County of San Mateo has asked the community to help them come up with ways to address the housing crisis. They need help from the wider community to address this very vast issue. They have multiple possible projects to help address the issue: shared housing, second units, building housing on under-utilized properties to name a few. However, no one entity can address the housing crisis.

**Study Groups in November**

The Monday Book Study group continues to read the Hidden Power of the Gospels on **Mondays, November 7th and 14th from 12:45 to 2:00 p.m.** in the foyer. They will finally complete the reading of this book, and return to Bible Study in January.

The Tuesday Evening Study group meets on the **second and fourth Tuesdays** of the month, this month being **November 8th and 22nd from 7:00 p.m.** in the Wong’s home. They are reading a book called “Breaking Bread, the spiritual significance of food” by Sara Covin Juengst.

The Evening Bible Study group will have its last group meeting on Wednesday, November 9th. They will begin again in January.

Each of the study groups is open and newcomers are invited to join.

**Saturday Evening Worship**

The Saturday Evening Worship Services are held on **November 12th and 26th and December 10th from 5:30 pm.** The services will be held on the second and fourth Saturdays of each month through **December 10th**. It is intended to be a family Holy Eucharist that is about 40 minutes including an interactive sermon.

**Mark Your Calendars:**

* Annual Stewardship Dinner Celebration: **Saturday, November 5th, 6:00 p.m. - 9:30 p.m.,** Foster City Recreation Center’s Lagoon and Bluebird rooms
* Consecration of 2017 Pledges: **Sunday, November 6th, 8 am and 10 am worship,** Chapel
* Holy Baptism on the Sunday After All Saints Day: **Sunday, November 6th, 10 am,** Chapel
* Book Study: **Monday,** **November 7th, 12:45 pm**, Foyer
* Election Day: **Tuesday, November 8th,** hosting the election in the Parish Hall
* Book Study: **Tuesday, November 8th, 7:00 pm,** Wong’s home
* Bible Study: **Wednesday, November 9th, 7:30 pm**, Foyer
* Peninsula Deanery Meeting: **Thursday, November 10th, 7:00 pm,** St. Andrew’s, San Bruno
* Peninsula Deanery Disneyland/California Adventure Trip: **Friday, November 11th to Sunday, November 13th**
* Saturday Evening Worship: **Saturday, November 12th, 5:30 pm,** Chapel
* 5K Walk / 10K Run The Journey Home, a Home and Hope Benefit: **Sunday, November 13th,** Race begins at **1 pm,** Coyote Point
* Book Study: **Monday,** **November 14th, 12:45 pm**, Foyer
* Rector at the Evangelism Matters Conference: **Thursday, November 17th to Saturday, November 19th,** Church of the Transfiguration, Dallas, Texas
* Last Sunday After Pentecost: Thanksgiving Sunday: **Sunday, November 20th, 8 am and 10 am,** Chapel, Sermon by Rose Umeda, a senior in High School
* First Sunday of Advent: **Sunday, November 27th**
* Christmas Pageant Organizing Meeting: **Sunday, November 27th, 11:30 am,** chapel
* Rector out for Medical Leave: **Tuesday, November 22nd – January 2, 2017**
* Christmas Eve Family Holy Eucharist: **Saturday, December 24th, 4 pm,** chapel
* Christmas Choral Concert: **Saturday, December 24th, 10 pm,** chapel
* Candlelight Choral Christmas Eve Holy Eucharist: **Saturday, December 24th, 10:30 pm,** chapel
* Christmas Day Holy Eucharist: **Sunday, December 25th, 10 am (only),** chapel

## Outreach Report - by Steve Yuen

**Blessing of the Animals:** Father Ota did solo duty at the Dog Park on October 2nd, as Father Watan was rehabilitating from surgery (Jay is recovering nicely, by the way). Even so, there was no waiting at this year’s celebration of the Feast of St. Francis because fewer than ten (10) pets and their owners showed up.

Perhaps it was the weather—breezy, cloudy with sprinkles---that caused the drop in attendance. We did have pleasant conversations with members of the community.

$30 was raised for the Homeless Cat Network.

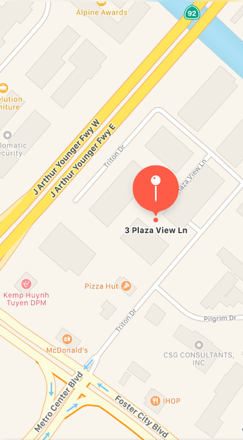
**United Thank Offering (UTO):** St. Ambrose members donated **$779.30** from the spring and fall United Thank Offering (UTO) campaigns. Delegate Shelley Keefe presented the offering at the Diocesan Convention at Grace Cathedral on Saturday, October 15th. The UTO has supported the missions of the Episcopal Church since 1889.

**Bread for the World (bread.org):** St. Ambrose made an Outreach donation of $200 toBread for the World. BFTW “is a collective Christian voice urging our nation’s decision makers to end hunger at home and abroad. Our work to change the conditions and policies that allow hunger to persist is supported by all major church bodies and sustained by generous contributions from individuals, families, and congregations.”

**Episcopal Relief and Development (er-d.org):** St. Ambrose made an Outreach donation of $500 to the ERD’s “U.S. Disaster Fund” for Gulf Coast flooding and Hurricane Matthew assistance. Episcopal Relief & Development helps communities to rebuild after disasters and fights poverty, hunger and disease in 40 countries.

**Upcoming Events: CALL Primrose’s Fill a Box, Feed a Family**: We have begun to fill four (4) boxes of food for CALL Primrose’s Thanksgiving campaign. Each box will contain: 1 can cranberry sauce, 1 bag/box of stuffing, 2 cans green beans (low sodium preferred), 1 bag/box pasta, 1 box instant mashed potatoes, 1 pack/can of gravy, 1 pack/box of cornbread, 2 cans corn (low sodium preferred), 2 cans fruit (low sugar preferred), 2 cans soup, 1 tomato sauce, and 1 boxed rice (rice pilaf, rice-a-roni, etc.) A $20 Safeway gift card, paid for by Outreach funds, will be included.

If you can contribute one or more items, please write your name on the sign-up sheet on one to four boxes in the back of the Parish Hall and bring your item(s) by **Sunday, November 13th** for delivery later that week.

**Sandwiches on Sunday:** On Sunday, October 30th we served baked chicken and rice to all comers at the Fair Oaks Community Center in Redwood City. Our next SOS date is **January 29th, 2017**. If you have any questions about this activity, please contact Rob Richards (rob.richards@tensorlabs.com, 577-8924).

**Stocking Stuffers:** Jill and Jerry may have left the Bay Area, but Jill Schwab is again leading the effort to prepare “stocking stuffers” for seniors, veterans, and homeless people on the Peninsula. The date is **Thursday, December 8th**, from **10:00 a.m. to 3:00 p.m.,** and the place is **3 Plaza View Lane**, Foster City.  This is a community room at an apartment complex right next to Pizza Hut and Taco Bell. There should be plenty of parking across the street in a vacant lot. 

# “**Change Our Heart O’ God**”- by Rev. Jay Sapaen Watan

The anxiety floating around this year’s contested Presidential race is hard to ignore. The U.S. Presidency symbolizes power for some, hope for others, and leadership that should and will guide us all. Whether we agree with the politics or not, the leaders we elect reflect who we are together. Yet language used in this presidential campaign to diminish people through their gender, ethnicity, orientation, citizenship, and intelligence disheartens me. Not only does the one-upmanship look more like the juvenile arena of pro wrestling. But some of it is just plain rude! What ever happened to the discipline of manners or the value of maintaining our own dignity? What happens to our understanding of community if empowering marginalized people for more equitable and just society means one group retreating from giving up their privilege or believing that there is just not enough power to share? What do we have in common together as a nation or as a part of this human race?

What I do know is that when we choose to dehumanize someone else, we contribute to a false dichotomy of “us vs. them” and of “winners and losers”. Add this to our need for power and the culture of fear and we’ll continue to cultivate a posture that feeds the nasty stench of mistrust that separates us. When we place our ego before our faith and the facts what we get, my friends, is the stuff of sin. Is this what we want to teach our children?

The Catechism of the Episcopal Church defines sin as:

**“Seeking of our own will instead of the will of God, thus distorting our relationship with God, with other people, and with all creation.”**

God is Love. And because of that we also know that the Will of God has something to do with a love that makes us whole people. Sin isn’t simply about that the “bad things” we do. It is about broken relationships. Unfortunately we do not have an easy duct tape or super glue solution to the disappointment and anger many people feel from their brokenness. Shouldn’t we have more… security, peace of mind, prosperity, and success? Maybe. But those things are what life is about. Sometimes we remain so attached to the idea of what life would be or should be that it creates the unhappiness we have been trying to avoid. During his sabbatical to a Trappist monastery, the late theologian Henri J.M. Nouwen, wrote:

***“ I read that sadness is the result of attachment. Detached people are not the easy victims of good or bad events in their surroundings and can experience a certain sense of equilibrium.”***

The Holy Scriptures never say life would be fair. Rather we hear God say to us again and again the warm invitation, “Do not be afraid.” Perhaps we should take the advice from that Disney film, Frozen, and “*Let it Go.”* The peace we seek first begins in us. Not with President Obama, Pope Francis, or any otherworld leader. A better tomorrow begins with us. And the Good Lord can empower us like no other, because unlike human power that appears scare, the Love of God is abundant and unconditional. Changing our lives to reflect God’s love and intention starts with language. I have come to understand that the words that come from our mouth reflect what’s in our heart. And when our feelings center more on God’s will rather than our fear of one another and of the unknown, then we can be stronger together. And with that joy, hope and all those healthy and lovely things we really want to happen can become a reality that is possible to grasp. My friends, in these crazy and uncertain times, wholeness and healing starts and comes from within. When you are ready, don’t be afraid to pray for God to change your heart.

Sea Breeze School News

The excitement of Halloween is over and the children and teachers are now busy preparing for Thanksgiving. There are many fall themed activities in the classrooms and the preparations for the Thanksgiving feast in each classroom are well underway.

As part of our goal to always be prepared for emergencies on campus, the school participated in the Great California Shake Out that was held across the state on October 21st. This is a state sponsored earthquake drill that everyone across the state is encouraged to participate in at precisely 10:21 am. One of the goals is to allow everyone the opportunity to examine their emergency procedures and to make any necessary adjustments. Our children practice each month and I was very pleased how quickly and efficiently everyone followed our procedures. I am confident that we are ready if we need to be.

Foster City Elementary School was on Fall Break for the week of October 24th-28th and we held a “Fall Camp” for the children in our afterschool program. We had 20 children attend and the week was full of excitement. There were cooking projects each day, STEM activities and field trips. By the level of the noise coming from the room, it sounded like they all had a great time.

November is a busy time of year for the teachers as they are preparing for and delivering Family/Teacher conferences. Family conferences give us the opportunity to personally speak with each family about their child’s development and learn how we can best serve the family and the child. It is a great opportunity to build relationships with the families that we serve and a great way to open two way conversations in a quiet setting as opposed to trying to converse in a busy classroom.

The children in the Transitional Kindergarten class and in the Afterschool program are busy working with Maureen Fromme to prepare for the Annual International Dinner. The children will dress in their native clothing and will sing many different songs from different countries and enjoy a nice Dinner afterwards that will feature food from several different cultures. This dinner will be held at 6:30p.m. on November 18th and all are welcome to attend.

As the Holiday season is upon us, I challenge each of you to take a deep breath and remember to take care of yourself as you care for others. Think about what is important to you and what you are most thankful for in your lives.

Happy Thanksgiving to all of you from the staff at St. Ambrose Sea Breeze School

Important Dates in November:

November 11th – School closed in observance of Veterans Day

November 18th – International Dinner

November 24th & 25th – School closed in observance of Thanksgiving